

# RESOURCES FOR JOB SEEKERS



The global recession has hit Connecticut. Many families are worried about layoffs and how they'll make ends meet. In these difficult times, there is assistance available. On the back of this postcard is a list of services and contact information that might be useful to you, a family member, a friend or neighbor. Should you need further assistance, please don't hesitate to contact my office.

**Employment Information Online**

[www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)



State Senator

## Mary Ann Handley

Representing Manchester, Bolton,  
Glastonbury & Marlborough

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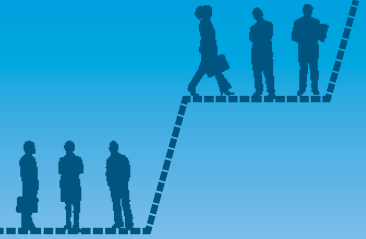
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# State Senator Mary Ann Handley's RESOURCES FOR JOB SEEKERS



Web site links relating to many of the programs on this page can be found at [www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)

## CTWorks Career Centers

A regional Career Center is located in Manchester to provide guidance and services to those seeking employment. **643-2222**

## CT JobCentral

An online job bank where individuals can search for jobs as well as upload their resume and access various employment-related information. [www.jobcentral.org/ct](http://www.jobcentral.org/ct)

## CT Job & Career Connection

Online resource for individuals seeking employment by providing self-assessment tools to find the right occupation, general information about various careers and various links to search for jobs and employers. [www.ctjobandcareer.org](http://www.ctjobandcareer.org)

## Career Express

A mobile, one-stop career center providing job skills development services, including: job search strategies; resume writing and critique; interviewing techniques; and career exploration. **860-263-6018**

## Unemployment Insurance

For an in-depth explanation of unemployment insurance and benefits call the TeleBenefits number in Hartford. **566-5790**

## HUSKY Health Care

Children of any income are eligible for health care through the state's HUSKY A and HUSKY B programs. Depending on income, there may be some cost. Additionally, low- and middle-income parents and other relative caregivers may be eligible for health care in Connecticut's HUSKY A program. **1-877-284-8759**

## Supplemental Nutrition Assistance Program (SNAP)

This program, formerly known as Food Stamps, provides food assistance for low-income families. For information and applications contact the Department of Social Services. **647-1441 or 1-800-859-6646**

## Senior, Adult & Family Services (SAFS)

Manchester SAFS works to help maintain the independence of Manchester residents by offering information, referral, outreach, advocacy, assessment of needs and individual consultation on human services benefits and programs. **647-3096**

## More Information Online

One-stop source for additional links to the programs described here and additional employment search engines and job postings. [www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)

## Where to Turn When Unemployed

The United Way of Connecticut has produced a document titled *"Where to Turn in Connecticut When You Become Unemployed."* It contains various resources for individuals who have just lost their jobs such as information regarding unemployment insurance, medical benefits, legal assistance, and help with job searches and money management. Contact my office at **1-800-842-1420** to receive this helpful publication or visit our Jobs Web page (see above) to download a copy.



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